



Life YOUiversity

Quality personal and family life skills education for the military community.

You Had Me At "Hello"

By: Byron Wilkinson, ACS Mobilization & Deployment Program Manager, Ft. Myer, Virginia

We've talked about how hard it is to say goodbye and we all know how hard it is when they're gone. But what about how hard it is to say "hello" again after a long deployment.

When our Soldier is gone for a long time, everything changes and shifts in the house: who walks the dogs, who disciplines the children, deciding what groceries to buy (I've continued to insist on my Scrubbing Bubbles shower "maid!"), who goes to doctor's appointments with the kids, bedtime routines, what time dinner is served...and the list goes on and on. Life seems to take on a whole new flow when our Soldier is gone, and a potential log jam when they return.

My Soldier was gone for eight months the last time. She was in Kuwait so I got to talk to her on the phone several times a week, and it was ONLY for eight months. Truly, it really wasn't that tough. But we had just moved to a new installation and we were only there for three weeks before she deployed unexpectedly. So there were some challenges! When she came back I was thrilled! Having her home was indescribably wonderful!! The thought of not having to carry the whole responsibility alone was a welcome relief. Having a human body, rather than the dog to snuggle with was, needless to say, monumental. It was also a complete rearrangement of our new "family" routine.

Readjusting when our Soldier comes home is incredibly difficult. And it's the small things you don't expect. For example, I was used to wandering through the kitchen with a glass of wine, selecting anything that struck my fancy for my "Hobo Gourmet Classic" meals, adding new and exotic spices. I also enjoyed staying up late with no "distractions" except the dog, working on projects for our new house. Or, I'd settle in with a good book, work on an article I needed to finish or watch a good "guy" movie and be perfectly content until a decadent hour of the morning. AHHHH, life is good!

The first week my Soldier was back, I kind of kept to this modified routine until I heard this lovely, feminine voice from upstairs, "Aren't you coming up soon?" WOW – wake-up call. My routine had to change. It was not a major issue and I definitely wanted and enjoyed our "together" time (which in the end is so much better, isn't it?), but it's an adjustment. Having to think about another person in the house and their needs, wants and desires was a major change after eight months. Having to grocery shop and cook for more than my "Hobo Gourmet Classics" and accommodate a less spicy palate was another change I had to make. Having to remember to ask what the plans were for the weekend rather than assume I had it all figured out was another adjustment.

And it's not just the stay-behind spouse, it's the kids (and dogs) too! It's really hard for them to readjust to having two parents again – as if one wasn't more than enough! They have to remember to defer to both Mom and Dad's commands, readjust their eating clocks to dinner when Mama (or Papa) gets home from work, and remember to come back downstairs to say goodnight to BOTH parents! Two parents checking on schoolwork, chores, and Boy Scout progress. In many ways, they love it. In many ways it's hard on them as well.

There is a lot of information on the web for military spouses facing the issues of "re-entry". Perhaps some of you have found other information, books or sites that you found helpful. Please share! This is the best thing we can do for each other. If you know of anything that could help other spouses who are facing the "Hello Again" reunion issue... share that information. And for those of you who are dealing with this right now or will be soon, come check out the information at Army Community Service and let us know what you think was helpful. Contact the Deployment Readiness Specialist at (703) 696-1229 for some great suggestions and tips on "Saying Hello Again."

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All classes require early registration unless otherwise indicated. Registration information is included with each class description.

Most classes are open to all Service Members, their Family Members, and DoD civilians.

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For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.



To advertise your program, event or class in this bulletin, contact:

Karen St. Pierre
(703) 696-3512
Karen.Stpierre1@us.army.mil

PARENTING

Anacostia Annex, DC

Parenting

Date(s): December 4, 11, 18, 2008 & January 12, 26, 27, 2009

Time: 8:00—10:00 a.m. & 10:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn what it means to discipline children and the ways it can be accomplished most effectively. Strategies include encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can respond to them. Additional topics include: temperament, respect, and the impact of the military on children. Children allowed!! Must attend all three sessions for certification.

Andrews Air Force Base, Maryland

Dads 101

Date(s): Last Tuesday of every month

Time: 8:30 a.m.—4:00 p.m.

Location: Chapel # 3, near base theater, Andrews Air Force Base

POC: Taught by Dads

To register, call (240) 857-9680/7501.

A class taught by dads for dads to include topics on pregnancy, coaching during childbirth, relationships, parenting issues and fatherhood. All ranks and branches welcome!

Infant And Toddler University

Date(s): Every Tuesday

Time: Infants 9:30—10:25 a.m. and Toddlers 10:45—11:40 a.m.

Location: CDC near Virginia Gate, Andrews Air Force Base

POC: Ms. Joyce Cravin, & Ms. Alma Fontanez

To register, call (240) 857-8153 or (310) 599-8884.

Playgroups for children ages 3 months to 36 months. All are welcome, retirees, active duty and even grandparents! Playgroup is free.



The Women, Infant & Children (WIC) Nutrition Program

Date(s): Thursdays, except on federal holidays—appointments required

Time: 8:30 a.m.—4:30 p.m.

Location: 1191 Menoher Drive, FAP Office, Andrews Air Force Base

Instructor: Nurses from Prince George's County WIC Program

To make an appointment, call (301) 856-9600.

Information is provided to assist moms with choosing healthier foods so babies and children grow and develop. WIC provides food high in iron, protein, calcium, vitamin C and other nutrients. Pregnant, new mothers, an infant or child under 5 years of age who are Maryland residents may be eligible.

Family Advocacy Safety Education Seminar

Date(s): Second (2nd) Wednesday of every month

Time: 8:00 a.m. to 12:00 p.m.

Location: 1191 Menoher Drive, FAP Office, Andrews Air Force Base

Instructor: Representatives from different agencies

To register, call (240) 857-9680.

Educational seminar provides information to reduce the risk for child and partner maltreatment, increase knowledge and skill building for families with potential risk factors, and promote resilience and mission readiness.

Bolling Air Force Base, DC

Bundles for Babies

Date(s): January 8, 2009

Time: 1:00—4:00 p.m.

Location: Airman & Family Readiness Center, Bolling Air Force Base

Instructor: Bolling IDS

To register, call (202) 767-0450.

This Air Force Aid Society Initiative is for Air Force families expecting the birth or adoption of a baby. Topics covered include financial considerations, relationship changes, parenting and supportive resources available. Expectant parents receive a layette gift from the Air Force Aid Society. Call for reservations.



Fort Belvoir, Virginia

Play Morning

Date(s): Every Wednesday

Time: 10:00 a.m. — 12:00 p.m.

Location: Sosa Community Center, Bldg 200, Fort Belvoir

POC: Mary Osburn

For more information and to register, call (703) 805-2693/4590.

This is a weekly playgroup for parents and children featuring songs, stories, activities, and toys for children, birth through 5 years of age. It is also a fantastic opportunity for parents to share with their children and other moms and dads. Please call for more information.

Baby Bundles

Date(s): January 9, 2008

Time: 1:00—4:00 p.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Vonnie Blanken & Ms. Christina Walz-Rios

To register, call (703) 805-4547/2693.

Learn how to care for and financially prepare for your baby. Presented jointly by the New Parent Support & Financial Readiness Programs. Class is limited to 12 participants per month and pre-registration is required. Participants receive a layette upon completion of class.



Infant Massage

Date(s): January 2009 (call for specific dates)

Time: 1:00—3:00 p.m.

Location: OB Conference Room, DeWitt Army Hospital, Ft. Belvoir

Instructor: Ms. Christina Walz-Rios & Ms. Betty Kerr

To register, call (703) 805-4547.

During this 4 week course parents will learn techniques to calm and soothe your baby through nurturing touch while increasing bonding and attachment.

Fort Meade, Maryland

Romp N Stomp Playgroup

Date(s): Every Tuesday

Time: 9:30—11:30 a.m.

Location: CYS, Bldg 909, Ft. Meade

Instructor: Ms. Lisa Redmond

This program offers parents and children, up to age 5, a variety of toys,

PARENTING (CONTINUED)

equipment, books, learning activities and arts & crafts projects to help children develop their fine and gross motors skills and social skills.

Parenting With A Purpose

Date(s): January 6, 2009

Time: 9:30—11:00 a.m.

Location: Meuse Forest Neighborhood Center, Ft. Meade

Instructor: Ms. Lisa Redmond

For information, call (301) 677-3617.

Learn nurturing parenting skills that will enrich your relationship with your child.

Common Sense Parenting

Date(s): December 12, 2008 & January 2, 2009

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014.

A proven program for raising responsible kids and building happy families. Open to all branches of service, their family members, DoD Card holders, contractors and more... Call FFSC to register.

Fort Myer, Virginia

Developmental Play

Date(s): Every Wednesday

Time: 9:30 – 11:30 a.m.

Location: Memorial Chapel Nursery, Fort Myer

Group Leader: Ms. Patricia Shamburger

To register, call (703) 696-3512.

Activities for parents and children ages 1-5 which focus on cognitive, physical and social skills through imaginative play, art, storytelling and music. This interactive setting also helps develop parent/child bonding and parental support. Registration is required.

Henderson Hall MCB, Virginia

For information on programs and events at Henderson Hall Marine & Family Service, please call (703) 614-7200 or log on to their website at www.mccshh.com And click on Marine & Family Services classes

Do you wish you had the time to clip coupons and organize them by category to make your trips to the commissary more organized and less expensive?

ACS has solved that problem for you! ACS volunteers clip coupons weekly and organize them into the following categories: Fast food/restaurants, snacks, diapers/baby products, kitchen/bathroom products, cleaning products, personal care products, medicines, pet products, breakfast foods, dairy products, des-



serts, bread products, meats/vegetables/sauces, water, and miscellaneous. The coupons vary in value from fifty cents to five dollars. Drop in to the ACS office in Building 201, ask to see the coupon book, and help yourself to any coupons you may need.

Joint Military Assistance Center (JMAC) PENTAGON

Lunch & Learn Series: Helping Parents Set Limits

Date(s): January 30, 2009

Time: 11:30 a.m.—1:00 p.m.

Location: JMAC Center, Room 2D173, Pentagon

Instructor: Ms. Patricia Shamburger

To register, call (703) 696-3512.

Parents will explore the art of setting limits with children. Brainstorm appropriate limits for different ages of children, how to set the limits and how to enforce them.

Patuxent River, Maryland

Active Parenting (Ages 5-12)

Date(s): January 13, 20, & 27, 2009

Time: 6:00 — 8:00 p.m.

Location: FFSC, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Lolita Tyler-Lockett

To register, call (301) 342-4911.

Discover how to eliminate power struggles with discipline skills that really work. At the same time, learn how to develop your children's pride, inner strength, and sense of responsibility. Video and discussion format. Complete program is covered throughout 3 sessions.

Budgeting for Baby

Date(s): January 26, 2009

Time: 10:00 a.m. —12:00 p.m.

Location: Chapel Annex, Bldg 401, NAS Patuxent River

Instructor: Ms. Maureen Farrell

To register, call (301) 342-4911.

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corp Service Members that attend will receive a new layette worth more than \$100.

Quantico, Virginia

For class information contact
New Parent Support Program
(703) 784-4248

Or visit www.quantico.usmc.mil



Read Life YOUniversity on the web at:

www.fmmc.army.mil

www.nmfa.org

www.fmmcmwr.com/acs.htm

HOME, HEALTH & MARRIAGE ENRICHMENT

Anacostia Annex, DC

Suicide Awareness

Date(s): December 3, 2008

Time: 8:00 —10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This program explores various suicide myths, and discusses common warning signs and symptoms that heighten suicide risk. Highly recommended for all new Service Members.

New Spouse Orientation

Date(s): December 3 or 23, 2008

Time: 9:00 a.m.—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 73, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151 / 6143.

New to the area / military? Let the Fleet & Family Support Center assist you with your transition! Learn what programs, activities, and organizations are at your fingertips!

Pre Deployment Brief

Date(s): December 4, 2008

Time: 1:30—2:30 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Individuals that have been selected for Individual Augmentee are strongly encouraged to attend this three day class. Various presenters will take care of all your IA needs through this one stop shop. Preregistration is required by the Thursday prior to the class start date.

Smart Emotions

Date(s): December 5, 2008

Time: 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

A step up from a regular anger management class, this class helps individuals learn how to deal with their anger in a more effective, positive way. It is designed for participants to learn how to identify what makes them angry and look at alternative approaches when dealing with anger, while trying to manage anger without using violence as an alternative. Registrations open to everyone.

Disabled Transition Assistance Program (D-TAP)

Date(s): December 5, 2008

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This briefing will focus on various veteran benefits that apply to those who suspect they will have a service-connected disability, injury, or illness that was aggravated by service. Topics covered include vocational rehabilitation, employment and much more.

Effective Communication

Date(s): December 10, 2008 & January 7, 2009

Time: 1:00—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn how to effectively communicate your needs, ideas and feelings that get lost because of anger/frustration. Recommended for couples, Service Members and Family Members.

Sponsorship Training

Date(s): December 11, 2008

Time: 1:30—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Your command has chosen you to sponsor inbound service members. Now what do you do? This training teaches how to make contact, what information needs to be provided and what resources and support services are available that will make your job and the incoming service members move much more satisfying.



Stress Management & Reduction

Date(s): December 12, & 19, 2008

Time: 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn how stress affects our personal and professional lives, how to decrease the stress we are experiencing and how to interrupt the stress cycle by using relaxation techniques. This class is highly recommended for Service Members and their Families.

Conflict Resolution

Date(s): December 15, 2008 & January 21, 2009

Time: 8:00—10:00 a.m. & 1:00—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Are you eager to learn effective ways to handle conflict? Sick of getting so upset you lose control? This seminar is for you. The emphasis will be on recognizing sources of anger and conflict, and learning healthy ways to modify conflict.

Smooth Move & Overseas Planning

Date(s): December 30, 2008 & January 27, 2009

Time: 9:00—11:00 a.m. & 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Transferring to a new duty station? This workshop offers tips to help make your move as "painless" as possible. Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to reduce relocation stress.



Anger Management

Date(s): January 6, 13, 27, 2009

Time: 8:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

This is an educational program that provides personal awareness about the patterns of angry behavior and offers participants a variety of acceptable coping strategies to handle angry feelings. This class is designed to help participants reduce unacceptable expressions of anger at home and work.

Couples Communication Group

Date(s): January 6, 13, 27, 2009

Time: 2:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Do you have trouble communicating with your partner? In this three-part series explore communication roadblocks, fair fighting, personal values, and expressing affection. Registration is required.

Suicide Awareness & Prevention

Date(s): January 14, 2009

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This class addresses the "First Responders" role in the prevention of suicide in the military. This training identifies who is at risk for suicide, and resources available for potential suicide victims. This is a 60 minute presentation.

Ombudsman Basic Training (OBT)

Date(s): January 15, 16, 17, 2009

Time: 9:00 a.m. — 3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151 or (202) 433-6142.

OBT is required for all Command Ombudsmen. It is open to all Commanding Officers, Executive Officers, Command Master Chiefs and their spouses. Training topics include Ombudsmen program overview, professionalism, command relationships, communication skills, information and referral, crisis calls, disasters, mission readiness, and managing your program.

Individual Augmentee (IA) Readiness Fair

Date(s): January 21, 2009

Time: 11:00 a.m.—1:00 p.m.

Location: TBD

Instructor: TBA

To register, call (202) 433-6151.

Participants are personnel that are in receipt of or are on the short list for IA/GSA orders. Find out from the experts the requirements to execute your orders. Preparation is the key.

Andrews Air Force Base, Maryland

Prevention & Relationship Enhancement Program (PREP)

Date(s): January 24, 2009

Time: 9:00 a.m.—4:00 p.m.

Location: Airman & Family Readiness Center, Andrews Air Force Base

Instructor: TBA

To register, call (240) 857-9680.

This interactive workshop provides information about communication to include effective speaking and listening skills in addition to options to resolve conflict. Registration is open to Service Members and DoD civilians. Reimbursement for child care provided by licensed family child care staff on Andrews Air Force Base.

Bolling Air Force Base, DC

Anger Management Seminar

Date(s): First (1st) Tuesday of every month

Time: 1:30 — 3:30 p.m.

Location: Airman & Family Readiness Center, Bolling Air Force Base

POC: Ms. Kay Higgs-Adams

To register, call (202) 767-0450/1339.

This class is open to men, women and teens who need help in managing anger in family or work environments. Goals include learning the definition and role of anger, and "The Five Steps Toward Anger Management",

- 1) How to recognize the signs of anger
- 2) How to use the "time out"
- 3) The importance of positive thinking and relaxation
- 4) How to use appropriate assertiveness while improving overall communication skills
- 5) How to create an anger log using the SOLVE problem solving method

Stress Management Seminar

Date(s): Third (3rd) Tuesday of every month

Time: 1:30—3:30 p.m.

Location: Airman & Family Readiness Center, Bolling Air Force Base

POC: Ms. Kay Higgs-Adams

To register, call (202) 767-0450/1339.

This class is open to men and women who need help with managing the stress in their lives. Goals include learning to recognize signs of stress, learning relaxation techniques, learning about self-talk and positive thinking and developing an individualized stress management plan.

Both of these classes can be arranged to be conducted for your unit or organization by contacting Ms. Kay Higgs-Adams at (202) 767-1339.

Bullying Prevention Workshop for School Age Children

Date(s): December 3, 2008

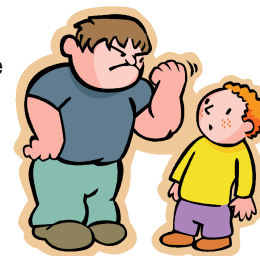
Time: 4:30—5:30 p.m.

Location: Youth Center, Bolling Air Force Base

Instructor: Ms. Kay Higgs-Adams

To register, call (202) 767-1339.

This workshop is designed to give school age children the opportunity to learn bullying prevention strategies at home or school. Parents are encouraged and welcomed to attend with their child and will receive additional resources.



How to De-stress the Holidays

Date(s): December 11, & 18, 2008

Time: 12:00—1:00 p.m.

Location: Bolling Chapel Center Conference Room, Bolling Air Force Base

Instructor: Ms. Kay Higgs-Adams

To register, call (202) 767-1339.

Why not join us for a fun workshop on how to make your holidays stress free.



Bullying Prevention Workshop for Teens

Date(s): December 12, 2008

Time: 4:30—5:30 p.m.

Location: Youth Center, Bolling Air Force Base

Instructor: Ms. Kay Higgs-Adams

To register, call (202) 767-1339.

This workshop is designed to give teens the opportunity to learn bullying prevention strategies at home or school. Parents are encouraged and welcomed to attend with their teen and will receive additional resources.

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Marriage & Money; Beyond Budgeting

Date(s): December 19, 2008

Time: 10:00—11:00 a.m.

Location: Airman & Family Readiness Center, Bolling Air Force Base

Instructor: Mr. Stewart Kaplan & Ms. Kay Higgs-Adams

To register, call (202) 767-0450.

Budgeting is an important aspect of managing family finances. Couples who understand how to communicate, develop and maintain trust and work together to resolve financial challenges involving money issues build great marriages. This workshop focuses on these issues to help unravel how we can strengthen our relationships even during these difficult economic times.

How Not To Marry A Jerk

Date(s): January 21, 2009

Time: 12:00—1:00 p.m.

Location: Chapel, Bolling Air Force Base

Instructor: Ms. Kay Higgs-Adams

To register, call (202) 767-1339.

This workshop is designed to give participants tools in recognizing healthy relationships and how to make good decisions when choosing a life partner. Pre-registration is required.

Fort Belvoir, Virginia

Newcomer's Orientation

Date(s): First (1st) Monday of every month

Time: 9:00—11:00 a.m.

Location: Barden Education Center, Fort Belvoir

Instructor: Relocation Representative

To register, call (703) 805-5058.

This brief is open to all people living and working on the installation.



Welcome to Germany

Date(s): Third (3rd) Thursday of every month

Time: 9:30—10:30 a.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Relocation Representative

To register, call (703) 805-5058.

This class is for personnel and Family Members preparing to PCS to Germany. Registration is required.

Welcome to Korea

Date(s): Fourth(4th) Thursday of every month

Time: 9:30—10:30 a.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Relocation Representative

To register, call (703) 805-5058.

This class is for personnel and Family Members preparing to PCS to Korea. Registration is required.

Fort Meade, Maryland

Stress Management

Date(s): December 3, 2008 & January 7, 2009

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/17/18.

Are you stressed? Want to learn about your warning signs and how to deal with everyday pressures of life? Call to register for this free class!

Effective Communication

Date(s): December 9, 2008

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/17/18.

Want to learn how to communicate more effectively in relationships at work and at home? Call today to sign up for this free class.

Anger Management

Date(s): December 10, 2008 & January 21, 2009

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/17/18.

Do you have trouble dealing with your anger? Want to learn about your triggers and how to deal with them in positive manners? Then call today and register for this free class!

Sponsorship Training

Date(s): January 28, 2009

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Pamela Stangee

For information, call (301) 677-9014/17/18.

This training is provided for all individuals appointed as "SPONSORS" for another inbound individual who will be arriving at this duty location.

Deployment Brief

Date(s): January 28, 2009

Time: 2:00—4:00 p.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Pamela Stangee

For information, call (301) 677-9014/17/18.

Call for details and registration information.

Fort Myer, Virginia

Start Right

Date(s): Every Thursday

Time: 8:00 a.m.—3:30 p.m.

Location: Center for Substance Abuse Prevention, Bldg 230, Fort Myer

Instructor: PSC and agency Presenters

To register, call (703) 696-0026.

Start Right is a comprehensive in-processing program that brings together all in-processing services and provides information regarding the "quality of life" within the Fort Myer Military Community (FMMC) and the Military District of Washington (MDW).

Lunch & Learn Series:

Date(s): December 1, 2008

Time: 11:30 a.m.—12:30 p.m.

Location: Army Community Service, Room 14, Bldg. 201, Fort Myer

For more information, call (703) 696-3512.

Topic for this month will be Managing Holiday Stress.



HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

CYS Safety Education

Date(s): December 12, 2008 & Jan 8, 2009

Time: 4:00—6:00 p.m.

Location: CYS After School Program, Fort Myer

Instructor: Ms. Patricia Shamburger

For information, call (703) 696-3512.

School age children are welcome to participate in this free monthly class. Topics vary. December children will explore feelings and talk about bullying. January they will explore more about bullying—what is happening, could I be a bully, am I a bully.

Holiday Cooking



Date(s): December 13, 2008

Time: 11:30 a.m. — 1:00 p.m.

Location: Memorial Chapel Fellowship Hall, Fort Myer

POC: Ms. Patricia Shamburger

To register, call (703) 696-3512.

Learn how to safely prepare and cook a turkey, what to do with leftovers and how to do this for \$40.00 or less. Call today to pre-register. One lucky participant will win a turkey!

What Planet Is Your Sweetheart From?

Date(s): January 10, 2008

Time: 9:30 a.m.—1:30 p.m.

Location: Army Community Service, Room 14, Bldg. 201, Fort Myer

Instructor: Ms. Patricia Shamburger & Ms. Patti Wells

For more information call (703) 696-3512.

This course begins with attendees participating in a Myers Briggs Personality Type Inventory. During the course, students will learn their personality types, what they mean, and how they may effect their relationships with others.

Book Club

Date(s): January 26, 2009

Time: 9:30—11:00 a.m.

Location: Spates Community Club, Fort Myer

Facilitator: Ms. Patricia Shamburger

For information, call (703) 696-3512.

You're invited to join our book club. Each month we will give away a free book beginning the 1st of the month (free books are limited in number so come in early). Then we will meet to discuss and review the book on the specified date. The book for January is "Anger; Handling a Powerful Emotion In a Healthy Way" by Gary Chapman.

Henderson Hall MCB, Virginia

For information on programs and events at Henderson Hall Marine & Family Service, please call (703) 614-7200 or log on to their website at www.mccshh.com And click on Marine & Family Services classes

Patuxent River, Maryland

IA Indoctrination

Date(s): December 1-5, 2008 & January 5-9, 2009

Time: 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Various Commands

To register, call (301) 342-4911.

Individuals that have been selected for Individual Augmentee are strongly encouraged to report to FFSC on TAD orders for this week long process. Various presenters will take care of all your IA needs through this one stop shop. Pre-registration is required the Friday prior to the class start date.

Couples Communication

Date(s): December 2, 2008

Time: 2:00—3:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Tammy Smith

To register, call (301) 342-4911.

This class is designed for those moving anywhere in the U.S. or overseas. Receive expert information about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information.

IA Spouse Brief

Date(s): December 3, 2008 & January 7, 2009

Time: 12:30—4:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Various Commands

To register, call (301) 342-4911.

Spouses are encouraged to attend on Wednesday to hear recently returned IA's experiences important information for Family support issues.

Return and Reunion

Date(s): December 4, 2008 &

January 23, 2009

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Mr. Frank Furtado

To register, call (301) 342-4911.

This class is designed to facilitate a smooth transition for military personnel from the combat environment to family, community and workplace. Spouses are encouraged to attend.



Assertiveness Training

Date(s): December 11, 2008

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Tammy Smith

To register, call (301) 342-4911.

Learn communication techniques to help in becoming more assertive. Assertiveness is standing up for personal rights by expressing thoughts, feelings and beliefs in direct, honest and appropriate ways. Understand the differences between assertive and aggressive behavior.

Understanding Stress

Date(s): January 13, 2009

Time: 11:30 a.m. — 12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Tammy Smith

To register, call (301) 342-4911.

Manage your stress by learning what it is, what causes it and how to help yourself get a handle on it. Manage it so it doesn't manage you!!

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

IA Family Connection

Date(s): January 15, 2009

Time: 3:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Various

To register, call (301) 342-4911.

The FFSC invites IA spouses and their families to join us and participate in various education topics that specifically relate to needs of IA families. Childcare will be provided.

Welcome to Pax

Date(s): January 21, 2009

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Mr. Jim Lettner

To register, call (301) 342-4911.

This class is packed with information about the base and surrounding communities. Included in the program is a behind-the-scenes tour of NAS, terrific hand-outs, and plenty of useful information about what to do and where to go while living in Southern Maryland.

Quantico, Virginia

Commanders Welcome Aboard Brief

Date(s): December 3, 2008

Time: 9:30—11:30 a.m.

Location: The Clubs at Quantico, Ballroom 1 & 2, MCB Quantico

Instructor: Ms. Tanya Alexander

For more information, call (703) 784-4961.

This brief informs newcomers about programs and services aboard MCB Quantico to include information on: recreation, education, medical services, local legal issues, safety issues, chapel programs and much more.

Smooth Move

Date(s): December 11, & 18, 2008

Time: 9:00 a.m.—12:00 p.m.

Location: Religious / Family Service Center, MCB Quantico

Instructor: Ms. Tanya Alexander

For more information, call (703) 784-4691.

This class helps to prepare for a smooth move. Overview includes information on housing, monetary, travel, and shipping of household goods. Spouses are welcome to attend.

Adopt-a-Family 2008

Date(s): December 11, 12, & 15, 2008

Time:

Location: Little Hall, Classroom # 1, Lower Level, MCB Quantico

POC: Ms. Kimberly Jordan

For more information, call (703) 784-3351.

The adopt-a-family program helps deserving marine and navy families (E-5 or below and or those with special needs) assigned to Quantico. The goal of the program is to help give these families a happier holiday season. Once registered, sponsors will be matched with families and asked to bring wrapped gifts during the 3 dates listed above.

Disabled American Veteran's Transitional Service

Date(s): Monday—Thursday's

For more information, call (703) 784-4963/2511.

Disabled American Veteran's Transitional Service Officer will be available for Medical Records review and Department of Veterans Affairs Disability claims, counseling and submittal assistance. Please call for times, location and more information.



Battling the Holiday Blues

Overcome Holiday Stress During a Deployment

The winter holidays can be stressful for anyone, but when your loved one is deployed, they can be especially difficult. You may experience a range of emotions, from worry to loneliness -- even anger and disappointment.

The holidays may magnify those feelings, but they can also be a time to strengthen your emotional commitment to your Service Member and your Family.

Plan ahead for the holidays

If possible, sit down with your deployed Service Member before your separation to talk about how you will mark the holidays. If you are already apart, discuss your plans through letters, e-mail, or telephone calls.

- Get an early start with gifts and cards. Depending on where your loved one is stationed, it can take a week or more for a package to arrive from the U.S.
- Be flexible with phone calls. Calls home are unpredictable, so it's best not to count on a phone call from your Service Member on the holiday itself.

Surround yourself with people

Look for opportunities to be with Family and friends. Get together with others who are in your situation. Being with others who are going through the same thing helps prevent loneliness.

- Plan to attend holiday events for Families of deployed Service Members.
- Help organize a holiday party or potluck for Families in your loved one's command.

Reduce holiday stress

It's easy to get caught up in all you have to do during this time of year, especially if you have always shared the work with your deployed Service Member.

ARMY FAMILY TEAM BUILDING (AFTB)

Fort Belvoir, Virginia

AFTB - Level I

Date(s): December 9—11, 2008

Time: 9:30 a.m. — 3:00 p.m.

Location: Bldg 200 (Old Sosa Community Center), Ft. Belvoir

POC: Ms. Colandra Sealey

To register, call (703) 805-5556.

Level 1 provides participants will the tools to navigate military life including: entitlements and benefits, financial readiness, family readiness groups, impact of mission and many more! Free child care available to students who register for classes NLT December 1, 2008.

AFTB - Level II

Date(s): January 13—16, 2009

Time: 9:30 a.m. — 3:00 p.m.

Location: Bldg 200 (Old Sosa Community Center), Ft. Belvoir

POC: Ms. Colandra Sealey

To register, call (703) 805-5556.

Level II presents leadership, effective problem solving, and networking with community agencies. Free child care available to students who register for classes NLT January 6, 2009.

Fort Myer, Virginia

AFTB - Level I

Date(s): December 3-5, 2008

Time: 9:30 a.m.—3:30 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

POC: Ms. Robin Cordovez

To register, call (703) 696-0168.

Level 1 provides participants will the tools to navigate military life including: entitlements and benefits, financial readiness, family readiness groups, impact of mission and many more! Free child care available to students who register for classes NLT November 18, 2008. AFTB classes are open to everyone including: Service Member of all military branches, active or reserve, civilians, government employees and family members. Soldiers can now earn promotion points by taking ACS classes to include AFTB Levels I, II, and III. Call today for more information!

Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?



Contact Your
Exceptional Family Member
Program Manager

Fort Myer . . (703) 696-8467
Fort Belvoir. (703) 805-2967
Fort Meade . . (301) 677-5590
Henderson Hall.. (703) 614-7200
Quantico . . . (703) 784-2172
WRAMC. . . (202) 782-3390

(Continued from page 8)



Tell yourself you don't have to do everything. It's more important to take time out to enjoy the season.

- Find ways to have fun. Drive or walk with your Family or friends to see the holiday decorations.

- Get plenty of rest and exercise. Remember to take care of yourself and keep your energy level high by eating well, staying active, and getting enough sleep.
- Prioritize. Make a list of all the things you need to do and decide which ones are the most important.

Be realistic about what to expect

As the Family member of a deployed Service Member, it's important to be flexible, especially during the holidays.

Here are some ways to do that:

- Accept that this holiday season will be different.
- Do something you wouldn't ordinarily do. Instead of celebrating the holiday the way you have in years past, make an effort to keep busy in a memorable way.
- Keep holiday decorations up until your loved one returns, if it makes you feel better. Or take them down and put them back up when your loved one returns.
- Prepare yourself for a post-holiday letdown. Prepare yourself for this possibility by keeping your support system in place in January and beyond.

For more information about deployment issues contact your local Army Community Service or Family Service Centers.

1-800-200-TAXI
AT&T Customers Dial #TAXI (#8294)

WRAP WASHINGTON REGIONAL ALCOHOL PROGRAM

YOU make the CALL

If you choose to celebrate the holidays with alcohol, designate a driver or call
WRAP's SoberRide® at 1-800-200-TAXI
(You must be 21 or older to use this service)

For a FREE ride HOME (up to a \$50 fare)
10:00 pm to 6:00 am nightly
December 12, 2008 to January 1, 2009

Scene restrictions apply. See www.soberride.com for further details or call WRAP at 703-893-0461

FINANCIAL READINESS

Anacostia Annex, DC

How to Survive the Holidays—Financial Education Training

Date(s): December 3, 2008

Time: 2:00—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This class is designed to make you aware of consumer issues during the holiday season.

Military Pay Issues—Financial Education Training

Date(s): December 9, 2008

Time: 9:00 — 11:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This interactive workshop is designed to inform participants of military compensation, focusing on the components of the Leave and Earnings Statement (LES), the use of mypay, and how to correct pay problems.

Saving & Investing—Financial Education Training

Date(s): December 10, 2008 & January 14, 2009

Time: 9:00 — 10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This course is designed to help participants develop knowledge and skills that will enable them to save and invest effectively to achieve their financial goals.



Banking and Financial Services—Financial Education Training

Date(s): December 11, 2008 & January 8, 2009

Time: 9:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Properly maintaining your financial accounts is the first step in establishing a credit history and is expected of you as a member of the military. This program will help you understand all the products and services available to you, pick the one that best meets your needs and manage them appropriately.

Developing Your Spending Plan—Financial Education Training

Date(s): December 17, 2008 & January 21, 2009

Time: 2:00—3:00 p.m. & 9:00—10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

In this program you will learn about the importance of developing financial goals and having a written plan to help you make your goals a reality.

Using Credit Wisely—Financial Education Training

Date(s): December 18, 2008 & January 15, 2009

Time: 9:00 — 10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This course is designed to help participants use credit wisely, establish and maintain a good credit rating, and avoid excessive debt.

The Insurance Decision—Financial Education Training

Date(s): January 13, 2009

Time: 9:00 — 10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This class is designed to develop knowledge and skills that will enable participants to make the informed consumer decisions based on the basic types of insurance, and to determine their personal need for life insurance.

Consumer Awareness—Financial Education Training

Date(s): January 22, 2009

Time: 9:00 — 10:00 a.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

This course is designed to help raise students' awareness of current consumer issues and train them in making the deliberate choices when spending their money in today's complicated marketplace.

Fort Belvoir, Virginia

First Termers Mandatory Money Management

Date(s): January 6, 2009

Time: 8:00 a.m. — 4:00 p.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Vonnie Blanken

To register, call (703) 805-4590/2606.

This class is mandatory for first term enlisted Soldiers. The workshop covers the basics of personal financial management.

Baby Bundles

Date(s): January 9, 2008

Time: 1:00—4:00 p.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Vonnie Blanken &

Ms. Christina Walz-Rios

To register, call (703) 805-4547/2693.

Learn how to care for and financially prepare for your baby. Presented jointly by the New Parent Support & Financial Readiness Programs. Class is limited to 12 participants per month and pre-registration is required. Participants receive a layette upon completion of class.



Retirement Planning

Date(s): January 20, 2009

Time: 11:30 a.m. — 1:00 p.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Mr. Tony Pao

To register, call (703) 805-4590.

Learn the fundamentals of investing your money to build a financially secure future. Class covers: life insurance, long term care insurance, business insurance, retiring financially fit, thrift savings plans and savings and investing.

FINANCIAL READINESS (CONTINUED)

DoD Financial Fitness Challenge Road Show

Date(s): January 24, 2009

Time: 9:00 a.m. — 4:00 p.m.

Location: Officer's Club, 5500 Schultz Circle, Bldg 20, Fort Belvoir

POC: Ms. Sharon Thomas

To register, call (703) 805-4590.

The purpose of this event is to offer the community the opportunity to meet today's financial challenges with the necessary tools for success. Keynote speaker is Ms. Terry Savage, nationally recognized financial expert and author of "The Savage Number: How Much Money Do You Need to Retire?" There will also be other mini workshops available. Call for workshop and keynote speaker times. This event is free and open to all Service Members and Family Members in the MDW.

Fort Meade, Maryland

Car Buying

Date(s): January 14, 2009

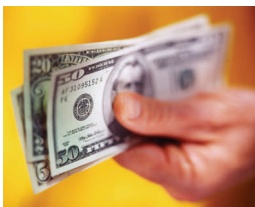
Time: 100—3:00 p.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Salome Smalling

For information, call (301) 677-9014/17/18.

Stop and think before you use that credit card; ask yourself some serious questions. Learn what those questions are and much more. Please call to register.



Developing Your Spending Plan

Date(s): January 15, 2009

Time: 100—3:00 p.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Salome Smalling

For information, call (301) 677-9014/17/18.

Come and learn strategies that will benefit your pocket before you go to purchase a vehicle. Call to register for this free class.

Money Management

Date(s): January 22, 2009

Time: 100—3:00 p.m.

Location: Fleet & Family Support Center (FFSC), Ft. Meade

Instructor: Ms. Salome Smalling

For information, call (301) 677-9014/17/18.

Come out to this free class and learn different techniques to maximize your income and more! Call to register.

Fort Myer, Virginia

Understanding Your Credit Score and Report

Date(s): January 7, 2009

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Mr. Jeff Thomas

To register, call (703) 696-3510.

Everything needed to combat bad credit, maintain excellent credit, and increase our credit power will be discussed during this workshop. Keys to understanding and effectively interpreting your credit score will be identified and discussed. By the end of the class participants shall identify their targeted credit score and know the steps needed to get and maintain that score and report.

Banking & Financial Services

Date(s): January 21, 2009

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

POC: Ms. Alanah Lavinier

To register, call (703) 696-3510.

With the state of the economy, are you unsure of your bank or financial institution? Representatives will be available to discuss financial institutions so that the everyday consumer will have a better understanding of how banking works. Topics also covered are: checking and saving accounts, alternatives to the conventional savings accounts, banking with insured banks, banking and investment terms, and costs/gains associated with banking.

First Termers Mandatory Money Management

Date(s): January 28, 2009

Time: 8:00 a.m. — 4:00 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

This is an eight hour workshop that covers all the basic financial and consumer elements necessary for successful personal financial readiness and self-sufficiency. This class is encouraged for Service Members E4 and below.

Henderson Hall MCB, Virginia

For information on programs and events at Henderson Hall Marine & Family Service, please call (703) 614-7200 or log on to their website at www.mccshh.com And click on Marine & Family Services classes

Patuxent River, Maryland

Basic Budgeting

Date(s): December 12, 2008 & January 26, 2009

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Alison Whyde

To register, call (301) 342-4911.

This workshop offers knowledge and skills that will enable the participant to establish a personal spending plan that can be adapted to suit individual unique circumstances.



Thrift Savings Plan Brief (TSP)

Date(s): December 15, 2008

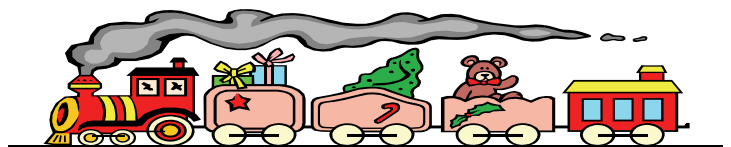
Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Alison Whyde

To register, call (301) 342-4911.

Uniformed services personnel are now eligible to join the Thrift Savings Plan. Enhance your retirement and save money at the same time. Come in and learn the many advantages of participating in the TSP.



EMPLOYMENT READINESS

Anacostia Annex, DC

CONSEP (Career Options & Navy Skills Evaluation Program)

Mid Term

Date(s): December 1-4, 2008

Time: 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151

This four day course is designed to help active duty Service Members achieve their Navy and ultimately, civilian career goals. Sponsored by Command Career Counselors, Navy College, and FFSC, this training includes career-making decisions, information on upward mobility, schools, apprenticeships, financial management, investment strategies, and creating work experiences that will lead to your success. Spouses of participating members are encouraged to participate. CONSEP-Mid Career is designed for high performance members who have completed six years.

Job Search Strategies for Spouses

Date(s): December 3, or 17, 2008 & January 31, 2009

Time: 10:30 a.m. —1:30 p.m.

Location: Woodbridge (December) & Fleet & Family Support Center, Bldg 72, Anacostia Annex (January)

Instructor: TBA

To register, call (202) 433-6151.

Anxious to get into the workforce? Looking for a new job? Not sure where to start? Let our professionals help you from start to finish. From job searches, resume writing, to interviewing skills! We're here to help you land a job that's right for you. Make your appointment today.

Interviewing Skills

Date(s): December 4, 2008 & January 8, 2009

Time: 9:00 a.m. —12:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Your resume has been successful in getting you the interview. Now what?! There are little things that can make the difference in your getting hired or being turned down. Come join us and learn what they are.

Career Planning for Spouses

Date(s): December 4, 2008

Time: 9:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151 / 6143.

Anxious to get into the workforce? Looking for a new job? Not sure where to start? Let our professionals help you from start to finish. From job searches, resume writing, to interviewing skills! We're here to help you land a job that's right for you. Make your appointment today.

Federal Resume Workshop

Date(s): December 6, & 18, 2008 & January 15, 22, & 31, 2009

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Learn about the Federal Employment System, gain skills through lecture, class participant and hands-on exercises. Your active involvement helps others to learn.

Resume Writing Workshop

Date(s): December 11, & 20, 2008

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Wondering how to write your resume? Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or show you how to improve the one you have written. This class will discuss targeting your resume, selecting the best format for your work experience and creating a cover letter. Participants will complete a draft resume outline. Don't pay someone else to write your resume!



Job Search Using Myers Briggs & Strong

Date(s): December 18, 2008

Time: 9:00 a.m.—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 72, Anacostia Annex

Instructor: TBA

To register, call (202) 433-6151.

Finding a job that fits your style that you'll be happy with is rare. This workshop utilizes Myers-Briggs and Strong Interest Inventories to guide you to a career that fits. Inventories must be completed a minimum of three days prior to class date. Contact instructor for info to complete inventories.

Fort Meade, Maryland

Federal Employment: Resume Writing

Date(s): December 2, 2008 & January 6, 2009

Time: 9:00 a.m. — 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Karol Yox & Mr. Roland Fishcer

To register, call (301) 677-9014/17/18.

This free workshop will introduce participants to all aspects of written self-marketing tools. Please call to register.

Federal Employment Workshop

Date(s): December 9, 2008 & January 13, 2009

Time: 9:00 a.m. — 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Karol Yox, Ms. Julie Yates & Mr. Roland Fishcer

To register, call (301) 677-9014/17/18.

This free workshop is designed to teach the basics of the Federal Employment system. Please call to register.

Federal Employment Job Search Strategies

Date(s): January 20, 2009

Time: 9:00 a.m. — 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Mr. Roland Fishcer

To register, call (301) 677-9014/17/18.

Learn how to create a 30 second job search commercial for yourself and much more. Please call to register.

Henderson Hall MCB, Virginia

For information on programs and events at
Henderson Hall Marine & Family Service,
please call (703) 614-7200 or
log on to their website at www.mccshh.com
And click on Marine & Family Services classes

EMPLOYMENT READINESS (CONTINUED)

Joint Military Assistance Center (JMAC) PENTAGON

Resume Writing Workshop

Date(s): December 16, 2008 & January 13, 2009

Time: 11:30 a.m.—1:30 p.m.

Location: Pentagon

Instructor: TBA

To register, call (202) 433-6151.

Wondering how to write your resume? Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or show you how to improve the one you have written. This class will discuss targeting your resume, selecting the best format for your work experience and creating a cover letter. Participants will complete a draft resume outline. Don't pay someone else to write your resume!

Federal Job Search

Date(s): January 27, 2009

Time: 11:30 a.m.—1:30 p.m.

Location: Pentagon

Instructor: TBA

To register, call (202) 433-6151.

Learn about the Federal Employment System, how to interpret job announcements, determine whether you are eligible for the job announcement and build your outline format for the Federal Resume System. Registration is open to anyone.

Patuxent River, Maryland

Interviewing Techniques

Date(s): December 18, 2008

Time: 2:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Mr. Frank Furtado

To register, call (301) 342-4911.

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank-you letters, and negotiating job offers.

Career Connection

Date(s): January 14-15, 2009

Time: 9:00 a.m.—3:00 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: Ms. Colleen Vargas

To register, call (301) 342-4911.

The primary mission of this "Family Employment Readiness Program" is to assist participants to reach their career goals. Specific goals of this program include: enabling spouses to relocate more readily with their sponsors; and providing employment information, education, and volunteer opportunities. In addition, this program assists participants in planning careers that are compatible with the military lifestyle; teaching participants job search skills and strategies; connecting spouses with employer, business, professional and support networks.

Ten Steps to a Federal Job

Date(s): January 15, 2009

Time: 2:00—4:30 p.m.

Location: Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Instructor: TBA

To register, call (301) 342-4911.

Learn how to navigate the federal job system.

Job Zone Job Fair

Date(s): January 22, 2009

Time: 3:00—7:00 p.m.

Location: J.T. Daugherty Conference Center by Gate 1 of NAS Patuxent River

Instructor: Ms. Janet Giles

To register, call (540) 775-4199.

This job fair is sponsored by the Fleet & Family Support Center with typically 50-60 companies represented. More information can be found at www.jobzoneonline.com

Quantico, Virginia

Executive TAP (E-9) & TAP for Retiree's Only

Date(s): December 8-12, 2008 & January 26-30, 2009

Time: 8:00 a.m.—4:00 p.m.

Location: The Religious/Family Service Center, MCB Quantico

Instructor: Mrs. Dee Thomas

For more information, call (703) 784-4963/2511.

Pre-separation, pre-retirement and TAP seminars will run for 5 days. You must register with your Career Retention Specialist or Unit Transition Counselor (UTC). Bring two copies of DD form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual. If you have a resume, bring that as well. There will be a number of employers participating on the Employer's panel on the fourth day.

Targeting Your Next Employer

Date(s): December 17, 2008

Time: 9:30—11:30 a.m.

Location: The Religious/Family Service Center, MCB Quantico

Instructor: Mrs. Barbara West

For more information, call (703) 784-3232.

Learn how to set yourself apart from the crowd and get the attention of potential employers.

Planning Your Job Search

Date(s): January 15, 2009

Time: 1:00—3:00 p.m.

Location: The Religious/Family Service Center, MCB Quantico

Instructor: Mrs. Barbara West

For more information, call (703) 784-3232.

Searching for a new position is a full time job in itself! Learn the steps to take in order to maximize your chances of success.

Resume & Cover Letters

Date(s): January 28, 2009

Time: 11:00 a.m.—1:00 p.m.

Location: The Religious/Family Service Center, MCB Quantico

Instructor: Mrs. Barbara West

For more information, call (703) 784-3232.

Learn how to set yourself apart from the crowd and get the attention of potential employers.



1-888-480-8265

**Announces 10 Tele-classes on
Federal Employment Information**

Visit www.resume-place.com/CFJST for more information

SUPPORT GROUPS

Anacostia Annex, DC

IA Sunday Social

Date(s): December 14, 2008 & January 25, 2009

Time: 6:00—7:30 p.m. & 2:00—4:00 p.m.

Location: Fort Myer Community Center, Bldg 405, Fort Myer, Virginia

Instructor: TBA

To register, call (202) 433-6151.

Is your spouse deployed? Join our group to share experiences with others while learning at the same time. You don't have to go through this alone—please come join us! December is a cookie swap. Call for more information.

Fort Belvoir, Virginia

New Mother Support Group

Date(s): Second & Fourth Thursday of each month

Time: 4:00—5:00 p.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir

Instructor: Ms. Christina Walz-Rios

To register, call (703) 805-4547.

This free peer support group welcomes mothers with children under 1 year of age. Call for more information.

International Spouse Group

Date(s): December 8, 2008

Time: 6:00—7:30 p.m.

Location: George Washington Village Community Center, Ft. Belvoir

Instructor: Ms. Tammye Braddy & Ms. Christine Robinson

To register, call (703) 805-3436.

Assists military foreign born spouses with multicultural issues, support and understanding American culture.

Hearts Apart

Date(s): December 18, 2008 & January 15, 2009

Time: 6:00—8:00 p.m.

Location: **New Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Tammye Braddy

To register, call (703) 805-3436.

Support group for spouses whose sponsor is serving away from home. Free meal and on-site child care provided. Please call for a reservation.

New Spouse Meet & Greet

Date(s): January 7, 2009

Time: 10:00 a.m.—12:00 p.m.

Location: George Washington Village Community Center, Ft. Belvoir

Instructor: Ms. Tammye Braddy

To register, call (703) 805-3436.

Whether you are a new military spouse or just new to this area, why not take advantage of this opportunity to gain valuable information about your new community, meet other spouses, and receive resources.

Fort Meade, Maryland

Parenting in the Midst of Deployment Support Group

Date(s): Every Monday

Time: 11:30 a.m.—1:00 p.m.

Location: Meuse Forest Neighborhood Center, Ft. Meade

Instructor: Ms. Lisa Redmond, LCSW-C

To register, call (301) 677-3617.

For parents who have a deployed spouse to learn ways to help their children cope with separation from their deployed parent, to gain support and learn new parenting skills.

Single Parent Support Group

Date(s): Every First & Third Tuesday of each month

Time: 5:00—6:00 p.m.

Location: Meuse Forest Neighborhood Center, Ft. Meade

Instructor: Ms. Lisa Redmond, LCSW-C

To register, call (301) 677-3617.

This group is for single parents and their children. Come play games, share your single parent experiences and learn how to cope with single parenthood.

Special Needs Support Group

Date(s): December 10, 2008 & January 8, 2009

Time: 6:00—8:00 p.m.

Location: Army Community Service, Ft. Meade

Instructor: Ms. Caraline Someck, MSW

To register, call (301) 677-4122.

Monthly support group meeting. December's topic will be "Person-Centered Special Needs Planning." Guest speaker MSgt William McLemore will discuss ways of planning and organizing care for his son, while keeping the needs of his son a priority. January's topic is "Special Education Laws." Guest speaker Karen Lambert from the Department of Defense Education Activity will speak on federal laws pertaining to special education.

Hearts Apart "Dinner and a Movie" (Adults only)

Date(s): December 19, 2008

Time: 6:00—9:00 p.m.

Location: Potomac Place Neighborhood Office, 4998 2nd Corps Blvd., Ft. Meade

Instructor: TBA

To register, call (301) 677-9014/17/18.

Leave the kids at home for this one—it's strictly about you! Hearts Apart has teamed up with Parents Night Out to make this happen. So make sure you call FFSC to register and make sure to sign up your child with Parents Night Out for childcare that evening.



Hearts Apart "De-stress the Mess"

Date(s): January 27, 2009

Time: 5:00—7:00 p.m.

Location: Potomac Place Neighborhood Office, 4998 2nd Corps Blvd., Ft. Meade

Instructor: Joint Services of Navy, Air Force, Army, and USO, and Piercerne Military Housing

To register, call (301) 677-9014/17/18.

The holidays have come and gone in a blur and yet you still feel like you're in a whirlwind! Then this free class is for you—come on and relax and release all that tension. Call FFSC to register.

Fort Myer, Virginia

Parents Helping Parents (PHP)

Date(s): December 13, 2008 & January 27, 2009

Time: 9:30—11:00 a.m.

Location: Community Activities Center, Bldg 405, Fort Myer & TBA

Instructor: Ms. Patricia Shamburger

SUPPORT GROUPS (CONTINUED)

To register, call (703) 696-3512.

PHP is an active group of parents who come together monthly to network with other parents while spending quality time with their children attending exciting and fun events and outings. This support group offers information, helpful tips, local resources and problem solving suggestions from the group participants. Our facilitator also provides referrals and information on other services available to parents. Activities vary every month. Why not come join us and be a PHP! December's event will be a holiday party. Games, crafts, snacks and a children's gift exchange will take place. Parents are asked to bring a wrapped gift \$5.00 or less with boy or girl and child's age specified on gift tag. Call for details and to register. Call for January's info.

Single Parent Support Group

Date(s): December 13, 2008

Time: 9:30—11:30 a.m.

Location: Community Activities Center, Bldg 405, Fort Myer

Instructor: Ms. Patricia Shamburger

To register, call (703) 696-3512.

Single parents and their children are invited to attend our Parents Support Group Holiday party. Games, crafts, snacks and a children's gift exchange will take place. Parents are asked to bring a wrapped gift \$5.00 or less with boy or girl and child's age specified on gift tag. Call for details and to register.

Henderson Hall MCB, Virginia

For information on programs and events at Henderson Hall Marine & Family Service, please call (703) 614-7200 or log on to their website at www.mccshh.com And click on Marine & Family Services classes

Joint Military Assistance Center (JMAC) PENTAGON

Single Parent Support Group

Date(s): January 8, 2009

Time: 11:30 a.m.—1:00 p.m.

Location: JMAC Center, Room 2D173, Pentagon

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3512.

Join other single parents to discuss the challenges of single parenting in the military. Guest speakers and topics vary monthly. Feel free to bring a brown bag lunch. January's topic will be taking control of holiday debts.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Fort Belvoir, Virginia

EFMP Open Swim

Date(s): Every Saturday

Time: 1:00—5:00 p.m.

Location: Benyaurd Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: EFMP Manager or Assistant

To register, call (703) 805-2967 / 5435.

Each Saturday, the enrolled Family Member and a caregiver swim free during open swim at Benyaurd Indoor pool. The program runs until June 30th. You need a pass to use the pool. They are available at our office and good for the season.

EFMP Bowling

Date(s): Second (2nd) Saturday of each month

Time: 1:00—3:00 p.m.

Location: Bowling Center, 5975 Middleton Road, Bldg 1199, Fort Belvoir

POC: EFMP Office

To register, call (703) 805-2967 / 5435.

This is a great opportunity for EFM families to have quality time with your loved ones. Call for more information.

Adaptive Aquatics Swimming Classes

Date(s): December 3-17, 2008 & January 14-February 11, 2009

Time: 5:00—5:45 p.m.

Location: Benyaurd Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: EFMP Manager or Assistant

To register, call (703) 805-2967 / 5435.

A great opportunity for children ages 4-18 years to play and splash while learning developmental swimming instruction from a water safety instructor. Classes are every Wednesday. The parent or caregiver must be in the pool with the participant during the lesson.

Fort Meade, Maryland

EFMP Bowling

Date(s): December 16, 2008 & January 20, 2009

Time: 5:30—7:30 p.m.

Location: The Lanes, Ft. Meade

Instructor: Ms. Caraline Someck

To register, call (301) 677-5590.

Exceptional Family Members bowl free at The Lanes, Ft. Meade. The EFM's other Family Members bowl at a discounted price. You must register with ACS EFMP by the Tuesday before the event.



EFMP Resources Available

Online Classes : Exceptional Parent Magazine offers free online classes for all military families. Register online at <http://www.epliveonline.org> and listen at home or participate interactively in our office. You can also view the seminars online after the event. Please call Ft. Belvoir ACS for more information at (703) 805-2967/5435.

Exceptional Parent Magazine:

Free at Ft. Belvoir & Ft. Myer's ACS.

New issues every month. Good information for parents with a new military section added—www.eparent.com. For more information call (703) 805-2967/5435 or (703) 696-8467/3510.

Respite Care

Ft. Belvoir, Ft. Myer's ACS & Quantico Marine Corp Base

Respite care is now available to Army Family Members with special needs who are enrolled in the EFMP and meet specific medical criteria. The qualifying EFM is eligible to receive a maximum of 40 hours monthly. For more information call (703) 805-2967/5435 or (703) 696-8467/3510. For Marine Corp information and program eligibility call (703) 784-2172.